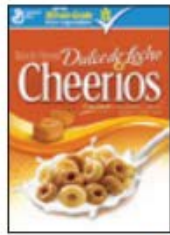


Cereals That Meet CACFP Requirements



Plain ✨



✨



Plain ✨



GF ✨



GF ✨



Almonds ✨



Cinnamon ✨



Honey Roasted
Not "Just Bunches" ✨



Vanilla ✨



Bite size
plain frosting only
any store brand ✨



✨



Plain ✨



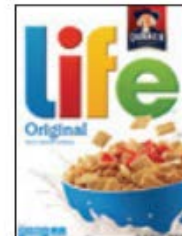
✨



Plain ✨



Plain ✨



Plain ✨



Brown Sugar ✨



Cinnamon ✨



Plain
any store brand ✨



Bite size
plain frosting only
any store brand ✨



Plain ✨



Plain ✨



Plain ✨



Big-Bite ✨



Little-Bites ✨

HOT CEREALS



✨



Plain ✨



✨



GF ✨



Original ✨



Raspberry ✨



Plain ✨



GF ✨



✨



Plain ✨



Plain ✨



Plain ✨



Plain in packets only ✨



✨



Banana Nut ✨



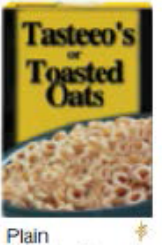
Plain ✨



Plain ✨



✨



Plain
any store brand ✨



Original and
all flavors in
packets only ✨



Plain
in packets only ✨



✨



Plain in packets only
Any Store Brand ✨

Calculating Sugar in Cereal

Breakfast cereals, including ready-to-eat and instant or regular hot cereal, must contain no more than 6 grams of sugar per dry ounce. If the cereal is not on the list on the other side, you must complete a calculation to determine if the cereal is within the sugar limits.

Step 1: Find the *Nutrition Facts Label* on the package

Step 2: Write down the number of grams of *Sugars*

Step 3: Find the *Serving Size*, and write down the number of grams

Step 4: Divide the grams of *Sugars* by the *Serving Size* number (in grams)

Step 5: If the answer is **0.21 or less**, the cereal is **below** the sugar limit and is **creditable**

Example #1:

1. Use the *Nutrition Facts Label* on package
2. Sugars = 1 g
3. Serving Size = 28 g
4. Divide Sugars/Serving Size

$$\frac{\text{Sugars}}{\text{Serv Size}} = \frac{1}{28} = 0.036$$

5. $0.036 < 0.21$

This cereal is creditable

Nutrition Facts	
Serving Size 1 cup (28g)	
Servings Per Container 12	
Amount Per Serving	
Calories 105	Calories from Fat 9
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 139mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	0%
*Percent Daily Values are based on a 2,000 calorie diet.	

Example #2:

1. Use the *Nutrition Facts Label* on package
2. Sugars = 6 g
3. Serving Size = 25 g
4. Divide Sugars/Serving Size

$$\frac{\text{Sugars}}{\text{Serv Size}} = \frac{6}{25} = 0.24$$

5. $0.24 > 0.21$

This cereal is NOT creditable

Nutrition Facts	
Serving Size 1 cup (25g)	
Servings Per Container 13	
Amount Per Serving	
Calories 100	
% Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 240mg	10 %
Total Carbohydrate 22g	7 %
Dietary Fiber 0g	0 %
Sugars 6g	
Protein 2g	